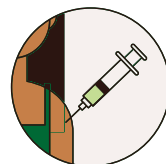


LET'S TALK ABOUT VACCINES!



QUESTIONS TO ASK YOUR PHARMACIST!

- 1 Am I in an "At Risk" group for a vaccine-preventable disease?
- 2 Which vaccines do I need this season?
- 3 Am I due for a booster?
- 4 Are my vaccinations up-to-date?

SUMMARY OF RECOMMENDED VACCINES FOR AT RISK GROUPS

	CARDIOVASCULAR DISEASES	ASTHMA OR COPD	DIABETES	OLDER ADULTS	PREGNANCY
INFLUENZA	✓	✓	✓	✓	✓
COVID-19	✓	✓	✓	✓	✓
PNEUMONIA	✓	✓	✓	✓	
HERPES ZOSTER				✓	
Tdap (BOOSTERS)**	(✓)	✓	(✓)	✓	✓

Children and babies from birth up until 12 years of age should receive the full schedule of vaccines outlined in the Expanded Programme of Immunisation (EPI) as published by the National Department of Health

Pregnant women should receive a Tdap (adult formulation) for every pregnancy in the 2nd or 3rd trimester (16 – 36 weeks gestation) to protect infants too young to be vaccinated against whooping cough (pertussis), tetanus and diphtheria.

It is recommended that older adults and individuals living with asthma or COPD (emphysema) receive a Tdap booster every 10 years after completing the primary vaccination schedule in childhood, as they are at an increased risk of developing complications due to pertussis